(LCN Connections Issue 4 - August 2012)

# CD Review

## SAMeditation™ - MULTIDIMENSIONAL JEWEL

*Guided meditation: 21 minutes.*
*Inspired by Marlene E. Maundrill.*

Explore the true nature of your Self.

Imagine you are a jewel with many facets. Along your long journey, you were forged from heavy stone to weightless vibrant Spirit...a magnificent jewel polished to perfection, holding within the treasure of all your efforts, tribulations, works, dreams and realities...everything that made you who you are today. Your various facets meet, touch... mingling together in the cosmic dance of Creation. Become One with your multi-faceted, multidimensional jewel and enjoy the vibrant colors and the exquisite, tinkling, bell-like sounds emanating from your true Being. You are the jeweler and the jewel within.